

Northfield Senior Newsletter



Sponsored by the Northfield Council on Aging and EOEA

November 2016

Annual PVRS Senior Thanksgiving Concert and



Meal: Thursday November 17th at noon. Pioneer Valley Regional HS Student Council sponsors this event in coordination with the music department. Concert begins at noon with the meal to follow. The cost is \$5 at the cafeteria door. The senior van is available by calling 413-834-4084. You must call the senior center ASAP to sign up for this event so they have a meal count by **Nov 10.** 498-2186

SAND: Would you like a bucket of sand by your door this winter? We are partnering with Troop 9 Boy Scouts this year to deliver sand to you. Having a ready bucket of sand will save you and your family/guests from that fall that can happen when you least expect it. Please call us at 498-2186 to sign up and avoid this:



UMASS Hockey: Join us December 2 for the 6:00pm game against Notre Dame. We will carpool down. Tickets are \$12 if you sign up early. Call 498-2186 to sign up for this fun evening!



SHINE: Dennis, our Shine Counselor, will be here in the afternoon on November 3, 10 and 17, by appt. to assist you in making sure you have the coverage you need. Please call 498-2186 to find availability.



Movie:



The First Tuesday Movie (FTM) will be "*The Loneliness of the Long Distance Runner*" on Nov. 1st beginning at 6:30 at the library. Colin Smith, a rebellious teen who enjoys running to escape realities. Sent to reform school he is pushed to race against a rival school. This is the 2nd of our series on disaffected youth. Come see this wonderful movie and have the opportunity to talk about it with David Rowland



Life in the Senior Lane: Join Mary Lyle Nov. 10 at 12:30 to chat about whatever's on your mind: books, weather, a family, growing up. A freewheeling conversation only those of a certain age will understand. Call to sign up: 498-2186.

Music: Betsy Llewellyn will be here on the 3rd; Shirley Thompson will be here the 10th & 14th; Joe Bedard is here the 21st for our pre-meal and dining pleasure! As always, The ROMEOs will be here every Tuesday beginning at 10:30!



Fuel Assistance: If you were on the program last year you should have received your re-certification paperwork. First time applicants must schedule an intake appt. with Jeanette for November. Benefit period runs from Nov. 1st through April 30. You can prepay and still qualify for the program. The qualifying income guidelines are: family of (1) \$32,618, family of (2) \$42,654.





Health and Safety

YOGA with Libby Volkening: Thursdays at 9:30 Sponsored by FCHCC and the Executive Office of Eder Affairs. Donations gratefully accepted. This is mostly chair yoga.

HEALTHY BONES AND BALANCE: with Mary Lyle: Wed's at 11:00.



CAREGIVERS SUPPORT GROUP: 1st Friday of this month (due to Veteran's Day) at 10am. Are you feeling overwhelmed or just whelmed with caring for your loved one?



BLOOD PRESSURE: Walk in 3rd and 5th Tues of this month; 9-11:30am.

FOOT CLINIC: 3rd and 5th Tuesday of this month, by apt. Please bring a towel! Call 498-2186.



PVRS WEIGHT ROOM: Mon, Wed and Fri, 6:30-7:30. Join *Abby Churchill* for a fun workout and great company as you tone and strengthen your muscles. Preventing falls and feeling good are important as we mature.



Deck the Halls:



On Monday November 28th the Senior Center will be decorated for the holidays by you! From 10-12 we will decorate the tree, hang the baubles, sing-a-long to some carols on the CD player and most especially, laugh! At noon, we all will enjoy a home cooked meal that we all help create. We ask that you sign up in advance by calling 498-2186.



Holiday Center Pieces:



On Wednesday, December 7 at 1:00, Kathryn of Kathryn's Florist will help us create lovely centerpieces. Call for your reservation: 498-2186. The cost will be \$10.

SCAMS

Scams are on the rise. Please be very careful when answering the phone, emails or mail. They are very good at soliciting information from you that helps them sound legitimate. DO NOT send any money to anyone, and that includes wiring money, even if they tell you a family member needs it. Call your family and find out from them! Do NOT give out your Security Number, Bank Account numbers or email information. Watch your credit card bills to make sure you made the purchases; if not, call the company and let them know. Protect yourself! There is no need to be "nice". If you find that someone has your valuable information, call the DA's office: 774-3186 and ask for Janice Garrett. She is the Consumer Protection Director.

The town website carries our newsletter each month. www.northfieldma.gov. Go to the Senior Center page. Not online? Consider a \$6 donation to the Council on Aging with 'newsletter' written in the memo line to be added to our monthly mailing. Send it to COA 69 Main St. Northfield, MA 01360

Contacting Center Staff & services

Heather Tower, Director 498-2901 x14
Amy Hall, Meal site mngr. 498-2186
Jeanette Tessier, Outreach, 498-2186
FCHCC- Homecare, SHINE, Meals on Wheels 773-5555
Transportation- Betty Stafursky, 834-4084

Council on Aging Board

Gwen Trelle; Chair; **Genevieve Clark;** Vice Chair; **Linda Hescoc;** Sec. **Sue McGowan;** Treas. Ted Thornton, Gail Bedard, Lloyd Parrill, Randy Foster, Bill McGee, Carol Pike and Rhoda Yucavich



November 2016 Menu







Monday

Tuesday

Wednesday

Thursday

Friday

	1 mg Sodium Shepherd's Pie 197 Broccoli 10 Multigrain Bread 164 Cherry Snack Loaf 240 Diet: Grahams 95	2 mg Sodium Three C Soup 340 Grilled Chicken 320 Apricot Sauce 32 CousCous w/pepper 45 Wheat Bread 160 Pears 5	3 mg Sodium Beef Stew 200 Tossed Salad 5 Dinner Roll 132 Spice Cake 245 Diet: Lorna Doones 100	4 mg Sodium Corn Chowder 172 Chicken Drumstick 287 BBQ Sauce 110 Mashed Potatoes 66 Wheat Bread 160 Peaches 5
	Total Sodium (mg):	Total Sodium (mg): 735	Total Sodium (mg): 1027	Total Sodium (mg): 897
	Calories:	Calories: 815	Calories: 598	Calories: 667
7 mg Sodium Lasagna Roll Up 290 Meat Sauce 50 Italian Veg Blend 41 Multigrain Bread 164 Fresh Apple 2	8 mg Sodium Beef and Lentil Chili 260 Brown Rice 5 Carrots 64 Rye Bread 150 Fresh Orange 1	9 mg Sodium Minestrone Soup 152 Roast Pork 70 Rosemary Gravy 83 Red Potatoes 5 Italian Bread 230 Applesauce 15	10 mg Sodium Chicken & Rice Casserole 327 Tossed Salad 5 Multigrain Bread 164 Sugar Cookie 181 Diet: Choc Grahams 95	11  VETERAN'S DAY NO MEALS SERVED
Total Sodium (mg): 672	Total Sodium (mg): 603	Total Sodium (mg): 680	Total Sodium (mg): 801	
Calories: 551	Calories: 641	Calories: 544	Calories: 743	
14 mg Sodium Rainbow Trout 35 Lemon Vinaigrette 10 Rice Pilaf 141 Mixed Vegetables 88 Wheat Bread 160 Mandarin Oranges 7	15 mg Sodium Portuguese Kale Soup 281 Sliced Beef with 217 Peppers and Onions 27 Flour Tortilla 170 Peaches 5	16 mg Sodium Chicken & White Bean Chili 314 Brown Rice 5 Tossed Salad 5 Wheat Bread 160 Fruited Jello 10 Diet: Fruited Jello	17 High Sodium Meal Roast Turkey 456 Herb Gravy 59 Cranberry Sauce 4 Stuffing 118 Mashed Potatoes 66 Green Beans 35 Dinner Roll 132 Pumpkin Pie 398 Diet: Gingerboy 60	18 mg Sodium Grilled Chicken 320 Lemon Picatta Sauce 35 Cavatappi Pasta 1 Brussels Sprouts 12 Multigrain Bread 164 Chocolate Brownie 165 Diet: Choc Grahams 95
Total Sodium (mg): 565	Total Sodium (mg): 825	Total Sodium (mg): 619	Total Sodium (mg): 1361*	Total Sodium (mg): 820
Calories: 729	Calories: 498	Calories: 612	Calories: 1012	Calories: 638
21 mg Sodium Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Italian Bread 230 Fresh Fruit 1	22 mg Sodium Potato Pollock Filet 273 Tartar Sauce 261 Winter Squash 0 Broccoli 10 Rye Bread 150 Mixed Fruit 10	23 High Sodium Meal Cheesy Cauliflower Soup 319 Hot Dog* 550* Tater Tots 29 Hot Dog Bun 270 Lemon Cake 95 Diet: Lemon Graham 95	24 HAPPY THANKSGIVING NO MEALS SERVED	25 mg Sodium Swedish Meatballs 200 Egg Noodles 4 Spinach 65 Multigrain Bread 164 Pears 5
Total Sodium (mg): 993	Total Sodium (mg): 829	Total Sodium (mg): 1383*		Total Sodium (mg): 563
Calories: 698	Calories: 629	Calories: 875		Calories: 590
28 ADMINISTRATIVE DAY NO MEALS SERVED 	29 mg Sodium Mulligatawny Soup 120 Beef Bolognese 241 with Ziti 1 Italian Bread 230 Pineapple 1	30 mg Sodium Grilled Chicken 320 Pesto Sauce 70 Mashed Potatoes 66 Tossed Salad 5 Dinner Roll 132 Berry Snack n Loaf 160 Diet: Gingerboy 60	ALTERNATIVE MENUS: NOV 3 - Seafood Salad, Potato Salad, Mandarin Oranges. NOV 10 - Egg Salad, Italian Potato Salad, 3 Bean Salad. Nov 17 - Chicken Salad with Cranberries, 3 Bean Salad, Tropical Fruit.	ALL MEALS INCLUDE: 1% MILK 110 calories 125 mg sodium 
	Total Sodium (mg): 612	Total Sodium (mg): 878		
	Calories: 644	Calories: 685		

Congregate Meals are served Monday, Tuesday & Thursday at 11:30am.
Please call 498-2186 to sign up for, or cancel, a congregare meal by 11am, 2 days in advance.

A suggested donation of \$2.50 a meal is appreciated. Those under 65, there is a \$3 fee.



November 2016 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Sign up early for the 12/2 Hockey game!</p>	<p>1 10:30 ROMEOs  11:30 Meal </p> <p>6:30: Library "Loneliness of the Long Distance Runner" </p>	<p>2 9:00 Bridge </p> <p>11:00 Healthy Bones and Body </p>	<p>3 9:30 Yoga  Brown Bag 10:30 unload  11:30 Betsy  11:30 Lunch 12:15 bagging,  12:30pm pickup</p>	<p>4 10:00 Pitch </p> <p>10:00-11:00 Caregivers Support Group </p>
<p>7 9:00 Bridge  9:30 Hinsdale Walmart; 99 </p> <p>11:30 Lunch 12:30 Hand and Foot </p>	<p>8 10:30am ROMEOs </p> <p>11:30 Meal 12:00 Sr. Meeting </p>	<p>9 9:00 Bridge </p> <p>11:00 Healthy Bones and Body </p>	<p>10 9:30 Yoga  11:30 Shirley Thompson  11:30 Lunch  12:30 Life in the Senior Lane  Deadline to sign up for PVRs Turkey Dinner!</p>	<p>11 Senior Center Closed </p>
<p>14 9:00 Bridge  9:30 Holyoke Mall </p> <p>11:30 Lunch 11:30 Shirley Thompson  12:30 Hand and Foot </p>	<p>15  9-11:30 Blood Pressure Clinic and Foot Clinic (by appt)  11am ROMEOs  11:30 Meal </p>	<p>16 9:00 Bridge </p> <p>11:00 Healthy Bones and Balance  1:30 Generations of Fun </p>	<p>17  9:30 Yoga</p> <p>12 PVRs Thanksgiving Entertainment and Lunch </p>	<p>18 9:00 COA meeting  12:30 Market Basket </p>
<p>21 9:00 Bridge  9:30 Kohls, Penny's/Keene Buffet  11:30 Lunch  11:30 Joe Bedard 12:30 Hand and Foot </p>	<p>22 10:30am ROMEOs </p> <p>11:30 Meal </p>	<p>23 9:00 Bridge </p> <p>11:00 Healthy Bones and Balance </p>	<p>24 CLOSED </p>	<p>25 </p>
<p>28 9 Bridge  10:00 Deck the Halls  12:00 Lunch  12:30 Hand and Foot </p>	<p>29  9-11:30 Blood Pressure Clinic and Foot Clinic (by appt)  10:30 ROMEOs  11:30 Meal </p>	<p>30 9:00 Bridge </p> <p>11:00 Healthy Bones and Balance </p> <p>No Pot Luck today</p>	<p>December 7 at 1:00 pm, come make your holiday centerpiece with Kathryn's Florist! Call 498-2186 to sign up. \$10. </p>	<p>Tuesday, 12/6 at 6:30 pm: "West Side Story" Enjoy a wonderful conversation with David Rowland, as usual. </p>